

The Long Win Reading List

As I publish the Second Edition of *The Long Win (TLW)*, I want to share a list of the authors whose books have hugely influenced me on my own Long Win journey. Below are some books that complement and support the messages in the book. If you like *TLW*, you may well like some of these!

1. '*Fear Less*' by Pippa Grange: Pippa's brilliant book came out at a similar time to the first edition of TLW and we found ourselves on similar podcasts and referencing each other's books. I am delighted to have got to know Pippa a little, she is a really progressive thinker and practitioner in developing human purpose-driven cultures, and I hugely respect her work.
2. '*Belonging: The Ancient Code of Togetherness*' by Owen Eastwood: described as 'one of the wisest books about winning you'll ever read', it explores the experience of belonging as the underpinning to sustaining high performing teams over the long-term. Owen's work is simple yet transformational. I had the privilege of interviewing him here: [Owen Eastwood: 'What gets in the way of you being the best version of yourself?' | Sport | The Guardian](#)
3. '*Becoming a True Athlete*' by Laurence Halsted: one of the brilliant outcomes of writing 'The Long Win' has been connecting in with the naturally long-win-thinking charity 'The True Athlete Project' (TAP). TAP's mission is to create a more compassionate world through sport, and they work through mentoring, workshops and mindfulness-based programmes means they are doing really practical work to help athletes, coaches, volunteers and everyone involved in sport from the grassroots to elite levels to create more meaningful experiences through sport
4. '*Citizens: Why the key to Fixing Everything is All of Us*' by Jon Alexander – Jon's fantastic book came out a couple of years after mine and I connected with it immediately. Like TLW, it challenges us to think differently, to change our lens on the world. It provides a civic angle and political-social perspective on how redefining success might look on a societal level. He's a great rower (all the best people are....) and we've become friends and thinking partners over the last couple of years. I have found myself recommending 'Citizens' to all smart-

thinking leaders that I work with and include Jon as one of the 'Long Winners' in the extra chapter of TLW 2nd edition.

5. '*Winning not Fighting: Why you need to rethink success and how you achieve it with the Ancient Art of Wing Tsun*' by John Vincent (co-founder and CEO of LEON and Sifu Julian Hitch). John Vincent talks powerfully about the impact of bringing the holistic philosophy from the martial art Wing Tsun into the frontline of leading and managing a business.
6. '*Do Hard Things*' by Steve Magness and '*Groundedness in Practice*' by Brad Stuhlberg. I love Steve and Brad's writing and thinking, it's very aligned to TLW. They have a great newsletter at 'The Growth Equation' and podcast ([The Growth Equation](#)).
7. '*Squiggly Careers*' and '*You Coach You*' by Helen Tupper and Sarah Ellis. Helen and Sarah are changing how we think about our careers and experience of work with their books, podcast and practical workshops, transforming how we think about and experience our working lives (www.amazingif.com). I feature Helen and Sarah as one of my stories about 'Long Winners' in the new edition of TLW. They are wonderful constant learners and connectors.
8. '*The Success Myth*' by Emma Gannon: when a mainstream writer like the inspirational Emma Gannon starts writing a book about how our definitions of success are not serving us well, then you know that opinions are shifting and 'The Long Win' has ongoing resonance across our lives. It particularly looks at definitions of success in our personal lives, so for those wanting to think about it more in that sphere of their lives, it's a great build on TLW.
9. Alfie Kohn, '*No Contest: The Case Against Competition. Why We Lose In Our Race to Win*'. I had a huge eureka moment when I read this book and found Alfie Kohn's thinking and research. I'd recommend this book (and others such as 'Punished by Rewards') to any teacher, parent, manager and his articles on www.alfiekohn.org.
10. '*The Infinite Game*' by Simon Sinek: I often refer to his framing of 'infinite games' and 'finite games', it's a useful analogy for thinking about 'the long win' rather than 'the short win'. It came out a year before TLW, and I knew that if Simon Sinek was challenging our over-focus on finite, short-term tasks at the huge cost of deeper, long-term gains, then I was probably going in the right direction with TLW!

11. '*The Success Factor*' by Ruth Gotian: Ruth interviews Olympians, astronauts and Nobel Laureates to determine practical lessons from these traditional 'high achievers'. The 3Cs resonate throughout as Ruth's interviews highlight the importance of mentoring, constant learning and building a community around you.
12. '*A Bigger Prize: How We Can Do Better than the Competition*' by Margaret Heffernan. I was lucky to meet Margaret Heffernan early on when TLW was still swirling around my head. I find all her books and her brilliant TED Talk [Margaret Heffernan: Forget the pecking order at work | TED Talk](#) is worth a watch, but it was 'A Bigger Prize' that really helped move my thinking on as I started writing TLW. Margaret was a brilliant supporter of the book and wrote a beautiful testimonial.
13. '*Rebel Ideas*' and '*Blackbox Thinking*' by Matthew Syed really influenced my learning and education about the power of 'smart thinking' books. A fellow Olympian, Matthew has been hugely supportive of TLW.
14. Matt Haig, '*The Midnight Library*' – if TLW was a work of fiction, it might look similar to Matt Haig's brilliant novel. I loved reading it, it resonated hugely with my quest to think about what does success in life look like. The central character gets the chance to try out different possible lives, until finally realizing that the best life for her to live is her real life.

Happy reading fellow long win
thinkers!